

SINGING IN MIND (CHOIR)

It's proven that singing makes you feel great.
We're bringing the choir experience to anyone who
wants to sing, laugh and meet new people!

The choir session lasts 45
minutes and requires no
experience.

And don't worry, your voice
won't be heard on its own!
But you will be able to hear
your Choir Leader.



6-week course from Thursday 12 May to 23 June

(No session on 2 June)

2pm-2.45pm on Zoom

MFT supports adults in Surrey to improve and maintain their mental
wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to first register
with MFT (if you haven't already) at
www.maryfrancetrust.org.uk and then contact
us. Email info@maryfrancetrust.org.uk
Call/text 01372 375400 / 07929 024722



Inspiring Mental Wellbeing